

# Ouija<sup>®</sup>

**An overview: The facts, mechanics. To clarify all the hype-from those who actually use it!**

**Not intended as a comprehensive document, as subject is complex.**

**Ouija is French and German, it means yesyes. Also known as weejee or spirit board, talking board etc. It has been used in various societies for centuries (Greece /Egypt) so I will not go too deep into its origins. It works!**

**It is a simple tool for a form of channelling /mediumship. Known to have been used in the 4<sup>th</sup> century in the time of Roman emperor Valens, and was used long before Christ. In 1891, Elijah J. Bond patented it. It is not dangerous, it depends who uses them and whom they attract. Dysfunctional people will attract the same.**

**NOTE: I cannot recommend them for reasons that will become apparent, at least read, and understand this - you would not try driving a car without first taking lessons and learning the rules of the road. It certainly is not a toy or a game. Can you believe that Toy manufacturer Parker bros. sold them as such in the U.K/U.S in the 60's!**

**Some myths first then: The spirits do not get stuck in the glass!  
You do not have to smash the glass each time!**

**I hear many stories of glass flying off the table and smashing - it is a lack of control, do not use glass - however, I prefer glass.**

**You can use a planchette (small wooden triangular pointer) or a matchbox, a coin or whatever, it does not matter. The type of board does not matter. I have made many types and used shop brought. All work. You can use lipstick on a worktop. For example, our daughter used a picture in a magazine while at college.**

**She sensed a spirit nearby, and using a picture of a face in the**

magazine, she had in front of her, mentally asked to use eyes as a “Yes” and nose as a “no” with the corner of a ruler used as a pointer. In this way, she was able to use Ouija discreetly solo, in a class setting, unobserved. Spirits, or rather non-physical consciousnesses (which is what we are!) can hear your thoughts; it is the norm when without a human physical body. Oh and you were n’t afraid of dear old Auntie when she was here- why are you afraid now?

That said, a board is best that is very smooth - to aid travel of the glass or planchette, you do not want it sticking, and with a simple but comprehensive layout including well used phrases. This saves much spelling. Not so large you have to stretch and not so small that you cannot make out what is written, letters being obscured by the pointer. I use a very practical board from sorcerers apprentice but not cheap (google it).

Many “Ouija boards” include pictures death, occult etc. Avoid these. Plain is best, to avoid attracting types you do not want. It is not evil! It is not mystical or magical.

It has nothing to do with religion or cult. Think of it as a mobile phone- BUT with an open line. You do not need spells/ incense /rituals etc. Use them only if you feel you want to.

Do not use black candles! May attract wrong types.

There is no set time or atmosphere, just be sensible, a respectful attitude. Time only applies to this, our physical dimension and everything else is outside of it! We have used Ouija in daytime with TV full on, and to chat when in bed! Anytime, Halloween is no different! Halloween was simply a day each year set aside to remember those who have gone ahead. Forget the hype.

Can things move in the room? Yes common. Can things manifest? Yes but this is very rare! We have experienced a wide range of phenomena. An excited or angry spirit (consciousness) will move the glass faster, perhaps forcefully/violently. You can ask them to stop and not do spooky things. Alternatively, simply stop yourself and say goodbye ask them to leave and ignore them.

Our youngest daughter when aged 15 would impress her friends by using Ouija in our local Graveyard - I was not amused!

**Ouija can be worked alone or in a group (dependant on your energetic condition\*) though it is hard to get many hands on glass at once, and can you trust them?**

**They may cheat or subconsciously affect it. Two working is best, a finger each following the glass lightly without losing contact, and a third person to take notes. Be comfortable. It can help to write down questions beforehand. Set a time limit say twenty minutes.**

**Flowers in the room may help - it sets a good atmosphere, and they can use/absorb (imminent\*) energy from them. They may keel over by morning.**

**Working alone or for long periods will drain you energetically. It is a matter of opinion if you name the movement of objects psychokinesis or telekinesis; your energy is drawn on, if you are in contact with object or not. They are using non-physical hand/thought.**

**You do not summon anyone! They will chat with you if they want and are able, not all are. Again, this depends on their energetic condition/ability. You may have someone in mind, which helps. Mentally or verbally, ask if they are there. Mentally (yes! they hear your thoughts-telepathy is the norm out of body) asking something will demonstrate the fact it is telepathy and is handy if you want to have privacy from the rest of those present, though you will learn that there is no such thing as privacy!**

**Our known physics only apply to this dimension, and our knowledge of them is still not complete. Again, they are here, only outside of time/space and will hear your thoughts where ever/whenever you think of them. Having no physical body/voice to vocalise, all thoughts can be heard! Hence, it is a party line!**

**The non-physical population around Earth (on Earths crust and in the troposphere) is ten times greater than ours; i.e Earth 6.2 billion verses spirit (non-physicals) 60 billion! Congratulate yourself for just being here – there is a queue for this place! Derek Acorah cannot give you information like this!**

**That means when someone is spelling out to you, expect many more nosey onlookers will be in your home too! In addition, may stay on long after your session! They interact with us constantly all our life and most people never realise this!**

**Hence I do not recommend Ouija, at least without much knowledge/practice, it is just too complex to give you all the reasons here.**

**We had a poltergeist (German for noisy spirit) plague us for months when we began studying this stuff. He and I eventually called a truce and came to understand one another. Holy water and banishing rituals are mostly a waste of time! They are mostly psychological. What we know as fact, you can only accept or dismiss as belief for now.**

**Ouija works by creating an energetic link with the non-physical dimension, they will draw from your energy. You can often feel this subtle energy in your finger or hand resting lightly on the glass like a tingle/static. It is your energy doing the work. Makes you hungry after. (Just like other types of mediumship).**

**If nothing happens at your sitting, it is likely your energy (chakras) is blocked! Perhaps it is weak, or stagnant through lack of use. They are there!**

**You need to work on your energetic condition-we will talk on that elsewhere. Some do it first time, some take many sittings, and some cannot! It is all about energy.**

**Ouija rarely reaches the higher vibrations/wavelengths (Science will tell you everything is vibrating). Do not expect benevolent beings of light/wisdom, guides, or evolved helpers, to contact you in this way. It is rare. They are very busy people anyhow.**

**If old Uncle Fred took the p\*\*\* and lied when he was here, then he probably still will! Ok, do not believe everything you are told, use discernment.**

**During an early sitting, someone stated our son will, be stabbed in a fight. They may wind you up. They cannot predict the future with accuracy, but do have a better vantage point than we have. They enjoy mischief and create fear in order to feed on the energy it creates.**

**They have much humour and you may bare the brunt of it, remember they can appear to know so much because they hear you think, and have heard your thoughts on many occasions.**

**In addition, they can see the bigger picture. Someone may impersonate a loved one for fun, it is not until you gain experience and understanding you can be sure whom you are talking with.**

**Ouija has its drawbacks and advantages. It is crude yet effective. Things are written out, clear and accurate. Mediums mostly have to interpret pictures in their minds eye and do not always do it well; this takes a long while and much practice.**

**It is important to be able to sense them and defend yourself (energetically speaking\*).**

**Is that headache really yours? Was that really your idea, popped in your head or did it come from another? If only you knew! Can you see now it is not a game? We learned the hard way. This is just the tip of the iceberg. They have the upper hand-being in a human body is very limiting. We expand at death and have many more senses to work with than our five.**

**There are nice and nasty people there same as here “as above so below” is the old occult saying, and Ouija seems to work best in the rough part of town so to speak (nearest dimensions).**

**Again, if when sitting you do not like what you are feeling, or the conversation, simply say thank you, goodbye and stop. If the glass moves around but makes no sense, stop. Someone is trying but unable, or you have the attention of one less evolved.**

**It is NOT for the fainthearted, in fact its best if you are fearless, sceptical/enquiring. Constructive criticism is fine, but too many in the room wishing you to desist will negate your thoughts/energy. This is another reason why it may not work.**

**Thoughts are real living things, but again that is yet another complex subject.**

**When chatting with relatives, our old poltergeist friend may still pop in, and not allow others to communicate (he is strong/has a good ability with energy). He likes the attention (energy). Moreso when our daughter is around. He took a shine to her, and saw himself as her protector. It is true that teenagers and girls in particular attract them and may influence electrical things around them. This is due to the strong and wild energies they are emitting at this age.**

**It is not so much possession/exorcist (extinct) but intrusion. We ALL suffer from intrusion to some degree in everyday life (another subject) and using Ouija WILL put you inline for more than your share. You do not want spirits (non-physical consciousnesses) attaching to YOU.**

**I say again, as they do not get energy from food like us you do not want to become a free lunch. They absorb energy from plants or people, usually of a similar vibration, in the same way we absorb vitamins from sunlight through the skin. Ever felt drained and not known why! Another important point is your mood.**

**As said of anyone fearful, depressed or with other weaknesses/illnesses DO NOT use Ouija.**

**The occult saying “like attracts like” is true in part.**

**A depressed person using Ouija will attract those of a similar vibration i.e. the depression will worsen! It is a type of vampirism and commonplace. We naturally gravitate towards people like ourselves, or on whom we dwell. Look at your circle of friends. Tip- note the importance of always being positive! We all know people who after speaking with feel drained or some that leave us feeling great! This goes same for those who have passed.**

**Weak willed individuals using Ouija may become confused and anxious, the mind then attempts to confabulate a perspective of what has happened from their limited experience (usually horror films). Most are unable to handle themselves in an objective/controlled or disciplined way.**

**For those, more evolved, donating energy can be helpful to spirits in need. This is called Penta. (Us too! Think Reiki) again, this is complex and is another subject.**

**We have been taught “Don’t believe in anything, have your own experiences” and you should, though there are other ways than Ouija to know the truth. By now you will realise there is much going on around you that you have not been aware of or cannot see or feel (develop these abilities).**

**We have had many sessions where spirits (non-physical consciousnesses) have called to give thanks to my wife for the care she gave them during their last few days here (she works in nursing)**

**and how astonished they are at where they find themselves realising now what we knew beforehand. We have spoken to some within 24 hours of death, though it is not common or advisable.**

**It can take several days for them to make initial adjustments to their new surroundings and there are processes one goes through in the first few days. After physical death (desoma) there is for some, a second desoma and a balancing of energies-a recuperation period (another subject). Also being so “fresh,” you may feel their pain/illness. This is empathic coupling of energies and although it is not yours, it hurts as if it is! The upside is if I ever have a stroke/heart attack etc. I will recognise it! Many people during their life believe they are ill and do not realise they are not - simply picking up anothers symptoms (living or deceased).**

**Other examples: A woman who died in a car crash asked us to inform her family she was ok; of course, we could not help. Imagine a family in grief, with us on their doorstep trying to explain. A friend of ours who died of liver failure, asked us to keep an eye on his son (He had observed his son was experimenting with drugs). We do what we can. A sitter was shocked to discover he had a son! His wife had a termination some years earlier. He got many details of the interior of his house and home life before he accepted this. Another unconvinced, was shocked when told what colour pants he had on and what was in his pockets.**

**I do not expect anyone to simply believe or accept my findings, nor should you, just be careful if you choose to know these truths for yourself.**

**Many mediums still cling to religion and do not know WHO or WHAT they are channelling, simply believing in a God and the fact you do live on, yet not curious or brave enough to study further.**

**We are in a minority, and what I find astonishing is that no one wants to know the truth about who we are, where we are going, and where we are from, too wrapped up in their own world's to realise or attempt to grasp at the bigger picture.**

**Keep the Ouija board stored away and covered with a black cloth. On display, it will attract unwanted visitors, and covering it will reduce other energies from gathering. All objects carry residual energy in the same way that you leave DNA or fingerprints.**

**An example: We lazily left our Ouija board by the bed one night and an unwanted guest drew from the residual energies in the board and was able to annoy us by projecting sounds etc. from my bedside clock!**

**An object or possession that once belonged to someone who has passed, can be used by that spirit to anchor themselves in the vicinity, as it carries their own personal energetic signature unique to each of us- they can find it anywhere in the world, so if you have granny's jewellery box or a house full of antiques....**

**These energies read, and interpreted- is psychometry.**

**Never ask them to do others harm. One session in the early stages of our study, we asked our spirit relatives to eavesdrop on our neighbours who were giving us grief; I mischievously asked "can't you go round and scare them a bit?" Three days later their house was up for sale and we never saw those neighbours again! We now know better ethics, in fact **cosmoethics**, yet another subject.**

**We have had an amazing array of experiences and studied in depth, too many to mention, some you will not believe, some personal, but likely you may already think I am a fruitcake so I will mention other examples:**

- **A police officer, who used Ouija to find a criminal**
- **The SAS who contacted their captain after he was shot and killed, he was the only one who had the information they needed-they got it and went on to successfully complete their mission.**
- **An Ouija session where a young boy levitated, and floated around the room.**

**Of course, I was not there, but I know these things are entirely possible from my own experiences.**

**To understand one subject, a basic knowledge of other areas is required. This would take a minimum of 40 hours so this then is our overview, the bare bones if you will.**

**Do not get addicted to Ouija, this is hard if you now have contact with lost loved ones, and do not attempt to make contact too soon**



**after a passing, or you may feel their physical pain-never mind the emotional unbalance. Give yourself and them, some time. Better yet, see a good medium! They also need to master (using energy) the ability to communicate with you.**

**Perhaps now you will not allow silly horror films, fiction, tales, or the Church to affect your thinking. Do not believe or dismiss -know through experience! Using Ouija-or any type of mediumship in the long term can damage your health as to some extent you always take on the others energies and can manifest just about any type of illness even death, with time. This is why it is important to cleanse and strengthen your own energies. It is intrusion that you are inviting of your own free will. Often it is only the more evolved like guides/helpers that have balanced energies, who do not cause us such problems.**

**Evoking non-physicals is something we all do too much of, mostly without realising (everytime you think of someone who is deceased!).**

**Invoking for performing your requests as in the Occult, is best avoided!**

**We sometimes asked our non-physical relatives to see if our son was ok when we'd not heard from him in a while- he had moved away- within a minute they would locate him (some 300miles) and report back his whereabouts and what he was doing.**

**We once asked where our daughter was when she was late home and they said she was ahum (coughs!) With her boyfriend in the local playing field (too much information), they speak plainly!**

**Many instances but you get the idea.**

**\*On energy and defence;**

**The human physical body is not our only body. Not everyone looks after and exercises this, never mind exercising the non-physical one. Always ask your helper (spirit guide) to protect you. Do things that strengthen your energetic condition/chakras such as Tai chi, yoga swimming, and walk in nature etc. Psychic ability is not a "gift" for chosen ones. It is dependant on the condition of your non-physical body. Generally if you are in poor shape so is your other body. Especially as most people do not realise they even have one!**

**If you feel, you are healthy and openminded and still no contact, try working with different people. Sometimes your helper will not allow Ouija to work to protect you from something or someone or information you are not ready for. Giving you, this much poses an ethical dilemma, though what you do is your responsibility, not mine. As you got this far, you must be meant to have it. Like any tool even a gun, understanding it should prevent accidents. Playing with it in ignorance is dangerous.**

**Any of the following will point toward you having poor quality non-physical company, and crosses or silver bullets or whatever are not what they're cracked up to be.**

- **Accidents or falls- things dropped fires etc.**
- **Sleeplessness, loss of appetite**
- **Feeling of sickness or pain (may come on suddenly)**
- **Inability to concentrate**
- **Unnatural sexual urges**
- **Change of personality**
- **Angry outbursts**
- **Depression and feelings of worthlessness**
- **Feelings of constant unease**
- **lights flickering, popping bulbs**
- **Malfunctions of electrical items**
- **Car problems**

**This list is not exhaustive. They may get bored or go when asked, by you or clergy or a medium (these people have no special power). You can move house, but taking items with you, they may find you quite soon. Bringing natural energies from a park and emitting them in your house raises the quality of energies present. Eventually they will find somewhere more to their taste. Tree hugging is not so daft is it! (Absorbing imminent energies). This will need repeating many times and few have the will to persist. You will need to raise your own energies/thoughts/emotions/ morals until they find you unattractive. This is the nature of things the way it is, fear and superstitions are no help it is just old science. We tried and tested most spells and the like, simply to learn what is true and what is not. Mediums and such, will recommend things from holy (tap) water, blessings, prayer, quince seeds, spells, rituals, salt, the list goes on. Psychological value aside what works is the will behind the act- your power of thought!**

I will attempt to answer any questions this topic has raised and on any other paranormal phenomena –they all interrelate. Time and knowledge, permitting. Good information is thin on the ground, most is rubbish, re-written. Study all, but don't take all as gospel.

